

SPORTS PARTICIPATION CONTROLLING DELINQUENT BEHAVIOUR AMONG THE COLLEGE STUDENTS

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Abstract

Each individual have sufficient energy remain after performing daily task, particularly the youth have more ample energy. This energy needs to be utilizing in some sort of activity. If the energy is utilized in constructive manner, it will not only beneficial for the individual but also for society as well. On the other hand, if not properly used the individual will engaged in destructive activities, which will not only harm the individual but also injurious for the whole society. Humans play when they have excess energy (Surplus energy theory of Play, Spencer Herbert, 1873). It is generally observed that the non-working, particularly the adolescents have problems to utilize their ample energy in a constructive manner. Consequently the youth, who are considered as nation builders indulge the evil society. On the other hand an organized program of sports not only gives pleasure and amusement to its participants, but also prevents individuals from unsocial practices. This thought paved the researcher intends to work upon the role of sports activities in eradication of social immoralities. Keeping in view the current scenario the researcher intends to explore and evaluate the role of sports participation in controlling delinquent behavior among the college students. For the purpose few objectives were formulated for the study, i.e., to examine the involvement of athletes and non-athletes in delinquent behavior at college level, and to examine the mean difference in terms of demographic attributes between respondents regarding their involvement in delinquent behavior. Furthermore, few hypotheses were formulated for the study in hand, i.e. Athlete's involvements in aggressive delinquency (Verbal Abusing, Teasing, Threatening

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and insulting) will be found a lesser amount than non-athletes, athlete's involvements in violent delinquency (Carrying Weapon, Group Fighting, punching and destruction of property) will be found less than non-athletes, and athlete's involvements in drugs addiction (Smoking, Alcohol, cocaine, tobacco, and snuff) will be found a smaller amount than non-athletes. A Likert Type Questionnaire was used to collect the data from sample. Samples of 720 college students were conveniently selected from different districts of Khyber Pakhtunkhwa (KP) Pakistan. It was concluded that sports and other recreational activities are considered as quite capable of bringing positive change in polishing and molding the individual behavior. The social delinquency like aggressive behavior, verbal abusing, teasing, threatening and insulting can be very effectively controlled through enhancement in sports participation among the youth. The study reveals that those who participate in sports avoid involvement in aggressive behavior as compared to those who do not take part in sports activities.

Key Words: *Sports Participation, Delinquent Behavior, College Students*

Introduction

Play as the expenditure of energy which is surplus to that consumed in instrumental or adaptive activity. Play is regarded as “blowing of stream”. Furthermore, children have most of their wants catered by others, and are consequently able to discharge their energies in spontaneous patterns of non-appetitive behaviors (Irina *et al.*, 2003). Sports programs provide a platform in which everyone can participate without any discrimination. Sports are considered as a tool to develop social integration, social mobility and more significantly social values (Zamanian *et al.*, 2012). Organized sports activities have been associated with less disruptive behaviors, such as carrying a weapon, planning or attempting suicide (Department of Health and Human Services, 2004). Sports participation develops self-imagination, self-esteem, confidence and educational performance and also decreases school dropout rates and mental disorders (Saskatchewan, 2003). Similarly, Sports and organized

physical activity programs have positive role in reducing the social delinquent behaviors such as smoking, participation in group physical conflicts, alcohol and drug usage (Australian Institute of Criminology, 2000).

A study conducted by Ojo (2012) found that low education, lack of guidance on the part of parents and separation of parents from children are the factors that lead the children towards social delinquency. Consequently, the author suggested that parents may provide education, guidance and supervision to their children. Likewise, low family income and large family size are both the causative agents of social delinquency among the children in early ages. All those children who have low family income and large family size are prone to immoral activities (West & Farmington, 1973). Children, having more burdened always involved in social unacceptable activities (Farrington, Loeber & Kammen, 1990). In clinical studies of hyperactive children have shown at high risk of delinquency (Loeber *et al.*, 1995). Abused children always perform those activities which are unacceptable to the society at large. To reduce the crime rate, children must be treated in such ways which motivate him/her toward social activities not toward antisocial activities. It means that children should be guided and motivated toward social activities (Lewis *et al.*, 1989). It has been globally perceived that participation in sports and recreational activities not only develop human faculties, but also contribute to the various aspects of human life.

Keeping in view the significance and contribution of sports activities, it becomes quite essentials that maximum sports participation may be encouraged and facilitated the participants especially the students to get maximum benefits of it. For the purpose, it is mandatory to assess the perception of students towards the vitality and importance of sports participation with special reference to social perspective. The topic suggested for the study is “Role of Sports Participation in Controlling Delinquent Behavior among The College Students”. This study was conducted in government degree colleges Khyber Pakhtunkhwa (KP), Pakistan. The researcher developed and use appropriate questionnaire to disclose the perception of the concerned population regarding the topic at hand.

Objectives of the Study

This research study based on the following objectives

1. To examine the involvement of athletes and non-athletes in delinquent behavior at college level in Khyber Pakhtunkhwa.
2. To find out the significant difference between athletes and non-athletes regarding their involvement in delinquent behavior.

Hypotheses of the Study

- H_{A1}. Athlete's involvements in aggressive delinquency (Verbal Abusing, Teasing, Threatening and insulting) will be found a lesser amount than non-athletes.
- H_{A2}. Athlete's involvements in violent delinquency (Carrying Weapon, Group Fighting, punching and destruction of property) will be found less than non-athletes.
- H_{A3}. Athlete's involvements in drugs adduction (Smoking, Alcohol, cocaine, tobacco, and snuff) will be found a smaller amount than non-athletes.
- H_{A4}. There is significant difference between athletes and non-athletes regarding their involvement in social delinquency.

Research Methodology

For reaching at certain facts, the researcher adopted the following procedure in this particular research study. The study was descriptive in nature and Quantitative method was used. The population of this research study was consisted all the male students studying in government degree colleges of Khyber Pakhtunkhwa (KP) Pakistan. There are total 26 districts and 113 male degree colleges are situated in KP. Keeping in view the limitation of the study, it was difficult to contact the whole population. Hence, the study was delimited to accessible number of respondents by adopting appropriate sampling procedure. The researcher categorized the province into three regions i.e., southern region, central region and northern region. Representative sample was used for selection of each region. For the purpose of data collection, the researcher selected four (04) districts from each region

and similarly, three (03) colleges from each district were randomly selected for equal representation. The total selected districts were 12 and male degree colleges were 36 in which the total numbers of enrolled students were 14400. Due to huge number of students the researchers took 20% of the whole population by using L, R Gay (1987) formula for the selection of sample and delimit it to only 720 respondents. Finally twenty students (10 athletes and 10 non-athletes) from each college were conveniently selected in this study. As the study was survey in nature, therefore, a Likert type of questionnaire was developed using available literature in the field and used for data collection. Validity and Reliability are the two most important aspects to be considered in research instrumentation. Validity refers to the degree to which a test measure, whereas, reliability is the degree to which an instrument produce precise and constant results (Brian *et al.*, 2011). The researcher used face and content validity to make the instrument valid. The initial draft of questionnaire was 45 items; this draft of questionnaire was send to 20 experts of the field for the purpose of reliability. The same questionnaire was filled up by 46 subjects (23 athletes and 23 non-athletes) and was used for pilot study, testing the instrument validity. Few of the ambiguous statement were deleted and some were rectified on the basis of the result of the pilot testing. Similarly, internal consistency of the items (Cronbach's alpha method) was applied in order to make the instrument reliable as (Wilson *et al.*, 2012) stated that "internal consistency method provides a unique estimate of reliability for the given test administration". 16 items were deleted after the process of validity, reliability and pilot testing. Thus a total 29 items were included in the final instrument. The Cronbach's alpha of the instrument appears as .863 which was positive and strong. The researcher personally contact the population and distributed the questionnaire, recollected it back after filled by the respondents. The collected data tabulated and analyzed by using both descriptive and inferential statistics in order to obtain authentic results. Mode/Frequency is the most frequently occurring value in the set of scores. To determine the mode researcher wrote the data first in order and then count each one of it. In order to find the most frequent value in five different points Likert type scale the researcher used mode as a statistical tool. To compute the mean the researcher added up all the values and divided by the number of values. As percentage is easy to

understand so the researcher changed the obtained results into simple percentage for the purpose to make understandable. The researcher used independent sample t-test for the purpose to compare the mean of athlete and non-athlete with reference to their involvement in delinquent behavior.

Results and Discussions

The study in hand was conducted to assess “The Role of Sports Participation in Controlling Delinquent Behavior among The College Students”. On the bases of data analysis and finding the researcher discovered that participation in sports activities contribute various aspects of its participants and particularly in controlling and eradicating of certain delinquent behavior among the youth. The delinquent behavior includes aggressive delinquency, violence delinquency and drug addiction was the focus points of this study. The results of the study showed that those who participated in sports activities (athletes) avoid aggressive behavior like verbal abusing, teasing, threatening and insulting as compare to those who do not participant (non-athletes) in sports activities. The result of the current study is supported by Donnelly Atkinso, Boyle and Szto (2011) who found that Sports are the agents of socialization and promote peace; brotherhood and also help in avoiding unsocial and aggressive behavior among the youth. The authors further argue that due to obeying the rules and regulation of each and every game, athletes have more emotional control then on their selves as compared to non-athletes. Obeying the rules and regulation athletes show less aggressive behavior then non-athletes. Similar finding have been found by Gardner, Roth and Brooks-Gunn (2011) and stated that Participation in organized sports activities promote social values and reduce the rate of aggressive behavior among both genders .i.e. male and female. The present study is supported by Kremer-Sadlik and Kim (2007) who explored that sports activities discourage crimes by keeping one busy in sporting events and avoid the youth from verbal abuse, threatening and teasing others. A study by Visek and Maxwell (2010) also concluded that those parents who engage their children in various sports activities during free time have less chance of postural defects, chronic diseases and also evade from immoral activities. Similarly, Jamieson, Lynn and Ross Craig (2007), study affirmed that Sports

significantly contribute to socialization and reduce the rate of aggressiveness, fighting with others and unsocial activities and also diverting the attention of peoples toward participant in positive social activities.

Violence delinquency was assessed through different questions and the researcher found that non-athletes are likely involved in violence delinquency like carrying weapon, group fighting, pouching and destruction of property as compare to athletes. These findings are supported by Kim (2016) who concluded that sport activities may be effective to moderate some of risk and protective factors in multiple problems among its participant. The author further stated that sports activities are very useful in the prevention of various social violence. Collinson, Judge, Stanly and Wilson (2014) have affirmed in their research study that those who do not take part in sports activities involve themselves in destructive activities. Similar finding has been found by, Zamanian, Zameni, Forouzandeh and Haghghi (2012) that sports reduce the immoral behavior and promotes confidence, self-esteem and motivation among its participants. Further, the study illustrated that longer the duration of sports participation lower the delinquent rates. Another study conducted by Tammy Orunaboka and Emeka Nwachukwu (2012) explored that sports can definitely be used an instrument for controlling deviance in schools, particularly Nigerian secondary schools where deviant activities of students appears to be assuming an alarming rate. Nicholson and Hoye (2008) proclaimed in their study that sport can be used as an effective instrument to reduce violence delinquency via involving vulnerable disadvantaged groups. They further stated that proper sports program may provide for youth and also motivate them to participant in sound physical activities during the leisure time. Similar finding have been found by Kregar (2007) that a negative relationship exists between sport participation and social delinquency, if sports participation level increases then delinquency level decrease. He further stated that midnight basketball help to reduce the night crime rate of property destruction and keeping urban males away from the dangerous streets.

With reference to drug addiction, the data has revealed that significant

difference was found between athletes and non-athletes in smoking and cocaine / charrs usage. The researcher found that athletes avoid smoking and cocaine / charrs as compare to non-athletes. It means that participation in sports activities prevent individual from cigarette smoking and cocaine/ charrs etc. Similar finding has found by, Nelson and Gordon-Larsen (2006) that adolescent's participation in sports with their parents was less likely to engage in risk behaviors (delinquency, smoking, alcohol, drug use and truancy). A study conducted by, Deborah, Rhea, Christopher and Lantz (2004) found that alcohol and drug use, male athlete reported significantly less use of marijuana and cocaine, as well as less tendency to drive then male non-athletes. The result of current study is supported by Pate (2000) who asserted that Youth who participate in organized sports at school or in their communities are less likely to engage in risky behaviors, such as cigarette smoking and drug use, than non-sports participants, he further stated that the main reason behind drug addiction among non-athletes is the less of non-availability of sports activities. Fortunately, the data has confirmed that both the categories of respondents (athletes and not-athletes) were found avoiding of alcohol, tobacco/ hookha and snuff use. Australian Institute of Criminology (2000) stated that, youth involved in organized sports have lower rate of drugs use, including marijuana, cocaine, crack cocaine, and heroin.

Conclusion

It was concluded that sports and other recreational activities are considered as quite capable of bringing positive change in polishing and molding the individual behavior. The social delinquency like aggressive behavior, verbal abusing, teasing, threatening and insulting can be very effectively controlled through enhancement in sports participation among the youth. The study reveals that those who participate in sports avoid involvement in aggressive behavior as compared to those who do not take part in sports activities.

It was concluded that violence delinquency like, carrying a weapon, group fighting, punching and destruction of property being another social evil was found involvement of non-athletes as compare to athletes. Upon this notion, the study concluded that negative thinking and destructive behavior can also be controlled through youth sports participation.

With reference to drug addiction, the researcher concluded that significance difference was found between athletes and non-athletes in smoking and cocaine /chairs use. Those students who participant in sports avoid using smoking and cocaine /chairs as compare to those who do not participant in sports. No significant difference was found among athletes and non-athletes regarding the use of alcohol, tobacco / hookah and snuff.

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